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Education

Health care

More family doctors graduating

Police interact with students through music Page 2

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Regional council
Region ponies up for lakefront enhancements



IEWS **INPORT**

THURSDAY, MARCH 13, 2014

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Cabin on the move







breakfast bar bathrooms, windows. Open concept littchen living to miss this onel Hearing costs approx \$90,00(ms), private water supply \$600,00/yr.



172 WEST ST., PORT COLEORNI Great business location on scenic West St. with possi 2 store fronts as well as 6 spartments and 4 garages, Located on the catal and presently has a restaurant that has operated for 20 yrs. 6 apts fully rented and tensoria pay heat and hydro. Roof on bldg- 10 yrs, garage roos-3 yrs, windows 12 yrs and exes- 1 yr Great business opportunity.



109 COMMANDO ST., WELLAND ned starter or retirement home on dead end

windows, ess forced air furnace and ducts, 100 amp breaker panel kitchen, Festures include hardwood floors, newer drawnii, fresh paint, saps and ceiling fans, new water line from road, new ext. doors. Nice quet location and shopping near by.

EDUCATION: Police interact with students through music

Cop, Lakeshore teen ready to rock and roll

Inport News Staff

Jessica Leslie will be shredding it in Toronto during the Music not Mischief program that connects police officers to students through music. The Grade 10 Lakeshore

Catholic High School student is the only Niagara teen participating in the April 30 program this year. Leslie plays electric lead guitar and meets up weekly

with her mentor, Const. Shawn Cuke of the Niagara Regional Police She's a lot better of a guitar player than I am," said Cuke. "When we get together for the mentoring part of the

program, she's the one who teaches me. Leslie will be representing her school and Niagara as she competes against 25 other students from across the province. The competition will be at the Virgin Mobile Mod Club



Jessica Leslie, a Grade 10 student at Lakeshore Catholic High School, will be participating in the Music not Mischief competition April 30 in Toronto. She is the only student from Niagara attending. From left are Niagara Regional Police Const. Shawn Cuke, Leslie, and principal Andrew Boon.

petition was won by a Niagara in Toronto. Last year the com-Falls student.

"Some were very thin," he

said, attributing the weight

loss mainly to the frigid tem-

peratures the area has seen

"With extreme cold, ani-

mals expend a tremendous

amount of energy to keep

mon for sled dogs to be kept

outdoors, even through win-

But, as they're naturally

lean animals, "their body

weight can drop quickly," he

Greer said it's not uncom-

"She's going to go out there and I think she has a really and defend the Niagara title good chance to win," said

The winner is given an electric guitar, amplifier and the opportunity to build a rapport with a police officer.

Cuke said there is fear among some students when they have to deal with police.

"I'm just an ordinary guy who happens to carry a gun and wear a uniform," he said. "Students find us intimidating and usually don't have

at the Friendship Festival in a lot of positive interaction Fort Erie, but this is the first with us. This program allows major competition I've been us to get into schools and help involved in," said Leslie. rather than enforce." The idea to participate came Leslie began playing the from Leslie's music teacher guitar about six years ago and who proposed the idea to her.

was drawn to classic rock. This made her song decision for the competition easy, choosing Rock and Roll by Led Zeppelin. "They're my favourite band and I play them a lot, I just

had to learn the solo," she year it was Port Colborne, We like to choose different areas "Music is my life, it brings with different demographics," me happiness and it's always eaid Cuke there when I'm having a bad

melissa.mangelsen@sunmedia.ca

became my career, but a

it's a part of my life."

hobby is OK, too, as long as

For the competition Les-

lie will be backed by a profes-

sional hand and the concert

will be documented by The

Video Guy Inc., which will

provide both police officers

"I've competed, and won,

The program is headed by the

Toronto Police Services and it

allows one student from Nia-

school in Niagara Falls, this

"Last year we picked a

gara to compete.

and students with a DVD.

ANIMAL WELFARE: 26 canines found chained in isolated field

recently

Surrendered Waterford dogs in Niagara

MARYANNE FIRTH OMI Agency Niagara

Seventeen of 26 dogs found chained up on a rural property near Waterford are now being cared for in Welland. The Scandinavian hounds,

used for sledding, have been surrendered by their owner to Welland and District Humane Society, which is overseeing investigation into the dogs living conditions. The remaining nine dogs are being cared for at a shelter in Kitchener. Police were called Sunday

after someone walking in the area, just off Hwy, 24, found the animals chained to two rows of insulated doghouses next to a woodlot. The piece of rented land in

which they were kept had no homes or buildings nearby. The dogs, ranging in age from three weeks to 12 years, were found with no food or water, humane society executive director John Greer said

Wednesday.

A veterinarian was brought to the scene to examine the dogs and five were immediately removed due to health concerns, Greer said. The remaining animals were removed Tuesday.

The investigation is still open, he said. "It's still too early on to determine if any charges will

Norfolk County only

ment funding formula, became part of Welland humane society's jurisdiction. Greer said. But we're only doing SPCA

work, strictly investigations, not animal control. It was only "in the last few days" that the new boundaries

came into play, he said. An investigation had previously been launched into the owner of the sled dogs, but Welland was not involved.

"There definitely are health concerns with some of the dogs," Greer said, adding staff are still waiting for a full report from the shelter's on-site vet. "Our main concern right

now is body weight." Dog food company Royal Canin has stepped in to assist the humane society, donating special food for the surrendered dogs and sending a nutritionist to address their dietary needs.

The dogs will be on a "strict feeding regime" of high-cal-

orie food to help bring them back to "optimal weight," Greer said. The dogs will also be under-

going blood tests using the humane society's on-site Idexx system to identify any health issues. Additional staff were called

into the shelter Wednesday to ensure the examinations could be done quickly and with as little stress on the dogs as possible, Greer said. While it will depend on the

results of the tests, he said the humane society is anticipating it will incur off-site veterinary bills for treatment that cannot be done in-house. "Once they're in good health.

at a good weight, we'll look at re-homing them," he said. Greer called the hounds "very social" and "good around kids."

"They're just happy-golucky animals." While many of the dogs are young enough to quickly day. It's my escape," said Les-

Welland and District Humane Society animal care manager Tammy Gaboury visits with one of the 26 dogs surrendered to the shelter after being found chained to two rows of doghouses next to a woodlot outside Waterford. Seventeen of the dogs are now being cared for in Welland.

adapt to a new home environment, some of the older animals may require specialty homes as they've lived outside for much, if not all, of their lives, Greer said.

Once all tests are completed, staff will have a better idea of how long it will be before the dogs are placed up

for adoption, he said. For more information on donating to or adopting from the humane society, visit www. wellandhumanesociety.org.

marvanne.firth@sunmedia.ca Twitter: @mfirthTribune — with files from Daniel R. P.

■ HEALTH CARE: Ontario faculties of medicine graduated 1,900 more family doctors over 10 years



Ontario's six family medicine programs have graduated 1,900 more family doctors in the last decade, transforming family medicine and improving access for patients, according to a new report by the faculties of medicine.

CRIME

Fraudsters busy at income tax time: police

BILL SAWCHUK OMI Agency Niagara

police and it is something that It's tax season and con artists are looking to cash in. E-mail scams purported to be from Revenue Canada are making the rounds of in-boxes in Niagara.

It's something that happens at this time of year, but often goes unreported, said the Niagara Regional Police. Reporting it does pay off,"

said Det Set Paul Spiridi, head of the NRP's fraud unit. "Even if you haven't fallen victim, we can get the message out. If it is a new scam or a new twist, you can save someone that grief.

Calling police is exactly what a resident of Ina Grafton Gage Villase Retirement Home did.

"It was just an e-mail that came in, but as soon as I saw it the alarm went off" said Doreen McComb. "It is not something that Revenue Canada would do or banks or arryone else.

"My daughter got one, too, She said. 'Just delete it.' I called the

is going around. I just thought it should be reported. "I know there was a lady here who got caught for about \$2,000, and she didn't want to say anything because she was so embarrassed. But then she changed her

mind because she didn't want anybody else to get caught." The Canadian Revenue Agency said it does not send e-mails

requesting personal information from taxpavers. The one sent to McComb said, "We identified an error in the cal-

culation of your tax from the last payment, amounting to \$381,00. In order for us to return the evenes payment, you need to create a Tax Gateway account after which the funds will be credited to your specified bank account, Please click 'Get Started' below to claim your refund."

The purpose of the scam -

More family doctors graduating

RAY SPITERI OMI Agency Niagara

Ontario's family medicine programs are graduating 300 more doctors per year than a decade ago, which should be good news for communities in regions such as Niagara that have a shortage of family physicians. fill Croteau, the family phy-

sician recruiter for Niagara Region, credits institutions like the McMaster University DeGroote School of Medicine in St. Catharines for the role it has played in graduating doc-"This is their third graduating class. We have had success with recruiting physicians out

of that medical school. Out

of the graduating class of last year, only one of them left and went back home," said Cro-The province's six family medicine programs have graduated 1,900 more family doctors since 2003, according

which usually seeks personal

information and credit card num-

bers - is identity theft. Spiridi

said another version involves

fraudsters claiming to be federal

revenue agents. The scam art-

ist accuses victims of owing back

to a new report by the faculties of medicine.

The family medicine expansion report states a 10-year plan to address a shortage of family doctors by Ontario's faculties of medicine and the province has more than doubled the number of family medicine residents and improved health-care delivery in more than 155 communities. Focused efforts were made to address the shortage and medical-school enrollment grew by 80%.

"We have partnered with more than 155 communities throughout Ontario," said Dr. Michael Strong, co-chairman of the Council of Ontario Faculties of Medicine, "As a result, these communities have been able to recruit thousands of new doctors and millions of people across the province are now attached to a family doctor. That's a huge advance in primary care that also saves many unnecessary visits to emergency rooms.

BY THE NUMBERS

Family doctors graduating

Croteau, who works with municipal recruiters to identify practice opportunities in Niagara and link interested physicians to these opportunities, said people in her position have to compete with

Ontarians have access to

primary health care

looking for physicians.

She said that's why it's important to take part in regular practice sessions with students at the DeGroote School of Medicine, develop positive relationships with medical schools and attend tours and fairs across Canada.

"Recruiting for physicians is a bit different than other types of recruitment as most connections are made through networking over time," said Croteau

"The recruitment process includes a number of different services such as finding schools for their children and employment for spouses. It is often a longer process of oneto-five years that we work with physicians through their med-

ical school and residency. She said the program has attracted 17 physicians during the last two years.

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taxes and warns a warrant will be issued for their arrest. Victims are persuaded to buy gift cards and phone back with the activation "It's usually small enough increments that a lot of people

aren't reporting it because they are embarrassed or they decide it is not a lot of money," said Const. Derek Watson

"But to the fraudsters who are tangeting thousands of people, it is big, big dollars."

With the frauds originating outside Niagara and often North America itself, Spiridi said the NRP passes any fraud information on to the Royal Canadian

Mounted Police where it is inves-

tigated.

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INPORT NEWS THURSDAY, MARCH 13, 2014 John Tobon, publisher, print & digital Melissa Mangelson, Inport News senior reporter



Thinking about palliative care

St Ignatius of Antioch Orthodox Church

v wife Cynthia was transported from the Port Colborne Hospital to our home in Wainfleet, Feb. 9, 2011. The hospital had built up Cynthia's failing health as best they could with blood transfusions and medication. CCAC had provided us with a hospital bed, visiting nursing support and a personal care worker at night, so that I could sleep.

Cynthia wanted to die at home, and my family and I wanted to have her at home. Our grandchildren could visit ber better at home and above all she was in familiar territory. It was a great responsibility for us, but I have no regrets. At first we were able to have Cynthia eat with us at the dining room table in her wheelchair. Later she had her meals in bed.

What distressed me most in late February was Cynthia's refusal to eat or drink. The

visiting doctor from Fort Erie told me not to force food or drink. He said that her body was shutting down. And in fact she died late at night Feb. 26, 2011. We contacted the nurse, I said the prescribed prayers, and we sent the personal care worker home when she arrived.

What the doctor said was brought home to me recently as I read Fr. John Breck's book on the sacred gift of life. He said it was taken for granted that food and water were essential to sustain life and so they were mandatory in

any treatment protocol. But today it is recognized that continued feeding and hydration in the very final stages of life does more harm than good. For the patient in a terminal state, with only hours or at most days to live, the absence of food and water allows the organism to produce natural analgesics. This permits the cellular system to shut down progressively, and allows the patient

to die with a minimum of physical pain.

In every Divine Liturgy we pray, among other things, for "A Christian ending to our life, painless, blameless, peaceful; and a good defence before the dread judgment seat of Christ." Pain management is a matter of special urgency today, and the proper and reasonable use of opiates such as morphine

goes a long way to alleviate pain. The St. Christopher hospices in England have long provided terminally ill cancer patients with the so-called Brompton cocktail that has proven to be highly effective in allowing patients to experience an end to their life that is indeed "painless, blameless

and peaceful." The church's biblical and patristic tradition insists on the infinite value of the human person. In so doing, it provides us with the basic guideline for all medical decisions: unqualified respect for the patient as a bearer of the divine Image. No one is useless. No one

End-of-life decisions should have as their aim to surrender the person into the loving and merciful hands of God, with the unwayering conviction that God, and God alone, should determine the limits of life and death.

Therefore the Parti Ouebecois Bill 52 to make euthanasia part of palliative care is simply immoral and, so far, criminal. Dr. Donald Boudreau of McGill's medical school fears teaching students how to be killers. His big concern is "that we are tampering with a 2,400 year old tradition of physicians not taking people's lives."

Dr. Margaret Somerville of McGill believes that familiarity with inflicting death and making euthanasia a medical act will make its logical extension and its abuse inevitable. The practical slippery slope is unavoidable. he therefore rejects the legalization of

Admit it when the other guy is right

QMI Agency Niagara

ne of the more irritating things about our politics is the inability of just about anyone to say that someone from the other side has a good idea.

Take the current crisis in Ukraine, Our Prime Minister Stephen Harper has been doing all the right things so far in the face of reckless and illegal Russian aggression in that part of the world. I'm hard-pressed to think of a prime minister who would, at this stage, do anything more or different.

The leader of the opposition, the NDP's Thomas Mulcair, couldn't just say "Yup, Harper's doing what needs to be done The prevailing thought seems to be that

if you admit the other side has done something right, your hair will burst into flame and life as you know it will end.

Still, without an avenue of attack he grudgingly said he would pretty much have done the same as Harper if he had the big chair.

Then he blathered on about how he might keep a more open channel of communica-

tion going or something. It wasn't very clear. What was clear was that Mulcair couldn't resist the temptation to take a dig at his opponent, even when there wasn't a dig to be had.

Which brings me to the inane preview of the next provincial election we were treated

to last week If this is what we are in for when the writ drops, I might just have to hide in a cave

until it is all over Premier Kathleen Wynne announced several new measures to make govern-

ment more accountable and transparent. Apparently, this will eventually include the online publishing of MPPs' expenses, voting records and attendance

Now it's true, the Liberals are in dire need of something to distract everyone from the multimillion-dollar messes of the gas plant closures, eHealth, Ornge and - if those who don't like the premier are to believed - the sacrificing of small children to Cthulhu.

Critics immediately jumped up and cried "wag the dog!"

Progressive Conservative Leader Tim Hudak went right on the offensive, saying given the Liberals' long history of screwups, any talk by them of accountability is a joke. Of course, the Liberals are hoping this

move will take the heat off them. You'd have to be blind to not see the political opportunism at work here Thing is, though, it's also a good and nec-

For far too long, our politicians have been able to hide behind a wall of secrecy when it comes to how they spend the public's money. Every government formed by every party at every level of government has had to deal with its members spending our money in the most indefensible ways.

(And if you think your chosen party, whatever that might be, is without blame here, you've gulped down so much Kool-Aid you're in danger of an immediate and fatal

diabetic shock.) There was a time when getting information on MPPs' expenses, travel allowances or a host of other things required journalists to go a'digging and navigate the frustrating Freedom of Information system seemingly

designed to make you want to flee screaming in rage rather than actually access data. These changes, if enacted, will make a great deal of what our politicians are doing instantly accessible to anyone with a computer or smartphone.

This is a great step in the right direction. And when the Hudaks of the province wail and gnash their teeth rather than acknowledge the hated opponent actually did something good, all many of us will hear is the same sound the teacher from Charlie Brown cartoons made: Wha-wha-wha-wha-wha-There is a laundry list of reasons to criti-

cize the Liberal government Nothing the current premier does can magically undo the mistakes of the past. But if politicians want voters to take them seriously, they need to act a little less like pouty children in the schoolyard and more like rational adults.

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GIVE US YOUR VIEWS

Keeping Arif's memory alive

ALISON LANGLEY OMI Agency Niagara

Aleem Merani is confident he will be able to reach the summit of North Africa's highest peak because of the support of his younger brother. Arif Merani was only two

months away from earning his law degree at Carleton University when his life was cut short by tragedy.

The 22-year-old was heading back to school in Ottawa on Oct. 15 after visiting family and friends in Niagara Falls when he pulled over on Hwy. 401 because he suspected he had a flat tire. As he exited the driver's side door, he was struck and killed by a passing vehicle. Arif, who planned on spe-cializing in Aboriginal law, was

heavily involved with projects

supporting rights and services

for abused women.

To continue his legacy of selflessly offering his time and knowledge to make the world a better place, the Merani family is embarking on an ambitious

fundraiser

On Sept. 13, 25-year-old Aleem will climb the Atlas Mountains to honour his brother and to support the work of two organization closest to Arif's heart — Gillian's Place and the Aga Khan Foundation of Canada, an agency that works to improve living conditions and opportunities in the poorest, most remote areas of

the world. "To reach the summit is the goal and we have to keep focused and on track despite what happened," he said. "I'm sure there'll be some guttural experiences that will happen either before, during or after the event is done."

And, he's not doing it alone. The family is hoping to recruit at least 30 people to join them on the five-day Arif Merani Morocco Challenge in Mar-

rakech Morocco The challenge is open to anyone determined to make a difforence in the lives of others

Participants pay their own travel and climb costs, and must raise a minimum of \$2,500 in pledges that will be donated to either charity

This will be the second fundraiser in honour of Arif. Late last year, donation boxes

were placed at several banks in Niagara Falls and Thorold, and a fundraiser was held for staff at Fallsview Casino where Arif's mother Nazlin works. Also, 800 students from the

University of Ottawa and Carleton University participated in a bottle drive in support of the than \$13,000 was raised. On Wednesday, the family delivered the funds to Nicole Regehr at Gillian's Place in St. Catharines.

"Today is a happy day," said Arif's father Mo. "I feel Arif in this room. He is present."

Regehr, the community development manager at Gillian's Place, said the family's strong beliefs and love of their son turned a personal tragedy into a powerful message of compassion. "It was heartbreaking," she said "But to see a family turn that grief into

something so positive is the reason why I do this job." "This donation means so much." she added, "It means that we will be able to offer, in my opinion, life-saving

cause. In less than two months, more services to women." Family friend Zahir Bhanji is the project leader for the trek. Zahir, a pharmacist, has organized numerous

treks in the past in support of Save the Children Canada "When I heard of the family's intention of keeping Arif's memory alive

and their wishes to support communities that need help. I volunteered my services to them," he said. He agrees the climb will be a challenging and emotional experience.

'There's no better place — when you're on the top of the mountain in the middle of nowhere - to contemplate and reflect," he said.

> alison.langlev#sunmedia.ca Twitter @nfallslangley

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NPCA eyes ex-Easter Seals camp

QMI Agency Niagara

The Niagara Peninsula Ltd., which purchased 54 Conservation Authority is looking at purchasing a portion of the former Faster Seals camp in Wainfleet.

At its meeting Feb. 19, the NPCA board met in private to discuss the possible purchase of two properties. Then in open session, it voted to direct staff to begin negotiations to purchase a 15-acre parcel along the lakeshore in Wainfleet and a 168-acre waterfront property in Binbrook

Board chair Bruce Timms declared a conflict of interest and did not take part in the discussion or vote on the Wainfleet parcel. He did not return a telephone call seeking comment on the con-

QMI Agency Niagara has learned the property in question is 15 acres of the former Easter Seals camp located on Lakeshore Rd. on the shores of Lake Erie in Wainfleet. The land is owned by Lakewood Beach Properties

acres from the Ontario Society for Crippled Children in 2006 for \$3 125 million Former Wainfleet mayor Gord Harry, who was chair of the NPCA board of directors at the time, pushed for

the conservation authority to purchase the land. The NPCA put in an offer of \$2.5 million for the property but that was trumped by Lakewood Beach Properties

Ltd. Lakewoods plan, then as it is now - to build condominiums on the site. Lakewood Beach Properties partner Norm Rockwell said

in October 2006 the development would consist of approximately 56 single-family homes on what would be commonlyowned land. Rockwell, who is no longer affiliated with the project, said then that 10 acres of the 54-acre property would be donated to the Township of Wainfleet to be used as park-

The parkland was to include about 180 metres of beach, although Rock-

well said the public would have access to the entire 690 metres of beach. The plans for development

came under considerable opposition from the public. In September 2007, Wainfleet approved an application for the development that limited the number of condominiums to 35 on approximately 25 acres. The condos, to be serviced by private sanitation and water purification systems, were

The eastern portion of the property was to remain habitat for the Fowler's toad, which is considered an endangered species. Rockwell said at the time it would take three or four years to build Phase 1 of the project. But approval of the development was appealed to the

Ontario Municipal Board by

valued then at \$500,000 to

\$600,000

neighbours Lee and Jeff Bott. based in part on their concerns for the protection of reforested areas on the site. flood control on the subject lands and neighbouring properties, shoreline protec-

tion and the toad habitat. After a series of hearings, the appeal was denied in

March 2010. In February 2012, Niagara Region councillors decided against directing staff to enter negotiations to purchase 26 acres of the prop-

Dan Raseta, a Lakewood Beach Properties Ltd. partner, said at the time the company was approached by Wainfleet Mayor April Ieffs - who is currently vicechair of the NPCA - about possibly selling part of the property to Niagara Region. At stake, Raseta said, was "the whole beach, which is three-quarters of a mile long,

with 26 acres of land." Documents show the asking price at that time was

lion more than Lakewood Beach Properties paid for the entire site in 2006

Documents also showed the Fowler's toad protection area covering the entire beachfront and a portion of the land.

After meeting privately to discuss whether to try to purchase the 26 acres, it was voted down after Niagara Region chair Gary Burroughs broke an 11-11 tie In a OMI Agency Niagara

story two days after the vote. St. Catharines Mayor Brian McMullan called the recommendation on the table "almost obscana"

Of the Niagara Region politicians who sit on the NPCA board of directors who took part in the vote, Jeffs, Doug lovner, Bart Mayes and David Barrick - who was recently hired as NPCA senior manager of operations, which oversees the authority's properties - voted to direct Region staff to enter into negotiations. Brian Baty voted against proceeding.

Today, the land remains undeveloped. Wainfleet planner Michael Sullivan said

Lakewood Beach Properties Ltd. has submitted a new site plan for the property that increases the number of con-

dominiums to 41 from 35 over a larger portion of the property than initially planned. The new plan sites the condos on a roughly 39-acre parcel, leaving 15 acres for future development or sale, Raseta said this week. "We plan on developing

the whole property and or selling it," Raseta said, "There are all kinds of opportunities we would have on that site." Raseta said he could "neither confirm nor deny" if the NPCA was looking at buying the 15 acres not slated for

development in the current site plan. "It's not something I can comment on," he said Two sources, however,

have confirmed the NPCA is indeed looking to buy the parcel. The 2014 Municipal Property Assessment Corp. assessment on the 54 acres

is \$5.293 million. - with files from QMI Agency

robert.houle@sunmedia.ca Twitter: RobH Standard



NOTICE TO CITIZENS APPOINTMENTS TO BOARDS AND COMMITTEES

The City of Port Colborne is accepting applications from citizans for positions on the following boards and committees. The vacancies are due to the expiry of current appointments or resignations or insufficient applications in response to prior recruitments. Positions are available on the following Boards/

 Heritage Port Colborne (Locel Architectural Conservation Advisory Committee) Environmental Advisory Committee

Port Colborna Physicien Racruitmant, Ratantion and Medical Education Committee

Appointments to fill expired terms will be for four years. Appointments to fill other vacancies will be for the term of the original appointment. Incumbent members whose terms are expiring are eligible to apply and to be reappointed to the same Committee provided they maintain the eligibility requirements.

On November 10, 2008, Council adopted a policy respecting appointments to boards and committees. This policy establishes the process relating to the recruitment, salaction and appointment of mambers of the public to boards and committees and the City's expectations of such appointment. requires that the successful applicants consent to the release by the City of their name and personal information relating to their education, qualifications and experience which is pertinent to the appointment. Council will release the name of an unsuccessful applicant only with the written consent of the applicant. Please visit the City's website www.portcolborne.co to eccess the full text of the policy and a brief description of the mendate of the above Committees, etc.

I inless the terms of reference of the inventionmental provide otherwise, applicants must be eighteen wears of age or older

a qualified municipal elector in the City of Port Colborne

not be disquelified by the Municipal Act 2001, Municipal Election Act, 1996 or the Planning Act not be an employee of the City of Port Colborne or the board.

licents must provide sufficient information regarding their qualifications and releted experience for Council to make an informed decision. The standard form of application is available on the City's website and/or from the Clerk's Office

Applications in person, by e-mail or requier mail will be received by the undersigned up to end including April 4, 2014.

Ashley Grigg, City Clerk City Hall 66 Charlotta Street Port Colborne, Ontario L3K 3C8 ashievorion@portcolborne.ca (905) 835-2900 ext. 108



PERSONAL SUPPORT WORKER

10 Month Program (Sept -June) with Affordable Payment Plan Port Colborne - Day Program Wednesday, March 19, Port Colborne High School April 9, or May 7 211 Elgin Street - Room 314 1:00 p.m. St.Catharines - Day Program Wednesday, March 19. April 9, or May 7 Lifetime Learning Centre

Niagara Falls - Evening/Wknd Saturday, March 22, Oakwood Park Lodge April 12, or May 10 6747 Oakwood Drive - Garden Room

535 Lake Street - Room 104





1:00 p.m.

10:00 a.m.

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Things to consider when choosing RRSP or TFSA

While an RRSP and TFSA both allow you to save money and reduce taxes now or in the future, each has unique features to consider when contributing and withdrawing money.

The chief advantage driving contributions to a spous negistered retirement savings plan is to minimize taxes owing down the road when you each retire by splitting potential taxable income when you withdraw the money, ideally, the smaller amounts withdrawn from each spouse's registered savings whiches will result in lower taxes compared with one large withdrawal each year from a single account.

It's important to know that Canada Revenue Agency recognizes commonlaw partners as spouses (including same-sex partners). A spousal RRSP is one owned and held only by your spouse. not by you.

CRA allows you to contribute to your spouse's RRSP, but those contributions count toward your annual contribution limit. The contributing spouse then deducts the contribution from your taxable income. Your spouse is not able to use this tax deduction.

use this tax deduction.
It's also worth noting that if you are
beyond the age to contribute to your
own RRSP, you can still contribute to
your spouse's RRSP until the end of the
year he or she turns 71. It's also good to

know you cannot sumply transier from your own RRSP to your spouse's. As might be expected, withdrawals from a spousal RRSP are handled differently. If a withdrawal is made within three calendar years of a contribution, some or all of the withdrawal will likely be taxed in the hands of the contributing spouse. Otherwise subsequent

withdrawals from a spousal plan are taxed in the hands of the account owner (your spouse). There is no such thing as a spousal TFSA. Unlike a spousal RRSP, it is your spouse's available TFSA contribution

room that limits how much money they can contribute to the account. As with any TFSA contribution, there is no tax credit to be claimed by the contributor, but the money grows taxfree and can be withdrawn at any time, tax-exempt. Also, any money withdrawn

from the TPSA can be contributed the following calendar year in addition to your allowable contribution limit, unlike an RRSP or spousal RRSP. It's always a good idea to consult

It's always a good neet to consult with your adviser to determine the best uses for and RRSP, Spousal RRSP and/or TFSA based on your individual situation, goals and finances.

John Beyr, CFP, is a financial adviser with the Niagara Falls brokerage firm of Edward Jones.





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■ VIGIL: Family, friends remember three people killed in crash five years ago



A memorial is planned for Monday evening at Victoria Lawn Cemetery for Christapher Kinsman who was killed in a car crash 5 years ago when the car he was in hit a tree, shown, at Victoria Lawn Cemetery. Some momentos are left behind in the snow at the base of the tree.

A mother remembers: 'It's a loss like no other'

OMI Agency Niagara

She keeps coming back to the tree. Kim Fairy's son Christapher Kinsman. 21. of St. Catharines, and his friends Justin McLean, 28, of Niagara Falls and Jessica Allen, 27, of Buffalo were killed when McLean's car elammed into the tree near Victoria Lawn Cemetery and burst into flames in the early-morning hours of March 10, 2009.

The large London Plane tree was damaged but survived the impact. Five years later, family and friends will gather there to remember Christa-

pher and his friends. "I've often said, I don't care if I'm the only one at the vigil," Fairy, 45, said. "I know in my heart, it won't be that way, but if people were to stop coming, I would still do it. I would still go and

I think of all three of them."

remember. When I think of Christapher, Shaylene Kinsman, Christapher's sister, said she has mixed feelings about visiting the site "I personally really don't like to go

to the tree," Shavlene, 21, who has an 18-month-old son named Christaphers said, "I have mixed feelings, That was the last place Christapher was alive. It's hard for me, though there is a sense of relief when I go there because I feel like he is still there sometimes.

Fairy said her son's close friends and family members attend the vigil. They talk. They share memories. They play some music.

"We light the candles," Fairy said, "His friend takes the candles while they are still burning and writes Christapher's name in wax beside the tree. We take picture of everybody beside the tree. We go somewhere after and I feed everybody

"Then I cry myself to sleep." The accident was horrific, even for

seasoned law enforcement officials, Justin McLean was driving and had trouble negotiating a turn. The car veered back onto the road and into the oncoming lane before it jumped the curb and slammed into the tree. Debris form the collision was spread more than 50 metres. The car was taken to a private police facility where the bodies were extricated, and dental records were used to positively identify the remains, Alcohol and speed were factors in the crash.

"It's a loss like no other," Fairy said. "It can't be compared to the loss of a parent. I've lost parents. I've lost grandparents. It's just a constant emptiness when you lose a child. Medication doesn't take it away. Counselling doesn't take it

"You talk to him and he's fine and a few hours later he's gone. Because of the tragedy of the accident. I didn't see my

"My heart goes out to those parents who have to look at their child in a casket. I don't know if I could have done that. That takes a whole different kind of strength to see your child laying there. I mourned a casket."

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March 14th - 20th, 2014







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Port Colborne

IMMIGRATION: Cuban man in iail for years while authorities in 3 countries decide what to do with him

n limbo here'

ALLAN BENNER

OMI Agency Niagara Wearing the bright orange lumpsuit of a prisoner, lacinto Garcia Garcia walked into the small room at the Niagara

Detention Centre and picked up the phone. "I'm in limbo here," he said, as he looked out through the inch-thick Plexiglas and heavy steel bars that separate

prisoners from visitors. Garcia has been in jail for vears while authorities in three countries decide what to do with him.

He was convicted of the sexual assault, assault and criminal haracement of his now ex-wife. But five years later, he's still there.

Garcia said he initially left Cuba Jan. 2, 2007, hoping for a new life away from the persecution he feared in the communist country. He said he was one of dozens of others who crowded onto a small

ship to escape the country. He eventually made his way to the U.S., he said, where he was granted refugee status. Garcia remained there for

a year and a half, until he crossed the border into Fort Erie for a vacation to visit friends In April 2009, he married

Dawn Colson Less than a month later. Garcia was arrested and later convicted of assaulting her, and locked up in the Niagara

Detention Centre.

Garcia was originally due to be released Feb. 9, 2011, Now. more than three years later the 41-year-old is still being held in maximum security at

the Thorold prison. He's been in custody so long, he has also served the three years of post-release parole while still behind

On March 8, 2011 after he had served his initial sentence, Garcia said was loaded on a bus and taken into the U.S. - deported by Canadian

immigration authorities. But when he arrived in the U.S., Garcia said he was promptly put in an American jail where he remained

for three months before being shipped back to Canada. He's been at the Niagara

Detention Centre ever since. "I was put here forever," said Garcia, who said he learned to speak English during his incarceration.

"I want to get on with my Canada Border Services Agency spokeswoman Nancy Thomson confirmed "Garcia

is in detention and is under a removal order." She said the Immigration and Refugee Protection Act allows border authorities to detain people when the officer has reasonable grounds to believe a person

cannot be admitted into Can-

ada, although their decisions are assessed regularly by the Immigration and Refugee Board Garcia's next monthly

detention review hearing is slated for Wednesday. While several of his supporters hope he might finally

be free, Garcia wasn't overly optimistic. He said he feels "like a volleyball," lobbed from one gov-

dom Charles Hawkins, a spokesman from the Immigration and Refugee Board, said it's rare for someone to be left in prison for years as a result of immigration detention. He

said there are only about eight people in all of Canada who have been detained for more than three years under those

circumstances. "Immigration detention is not meant to be punitive.

And it cannot be indefinite, Hawkins said. He said he knows of other

people who have been held as a result of an immigration detention for as long as seven ernment agency to another as During Garcia's Jan. 17 detenhe strives to regain his free-

tion review hearing, Immigration and Refugee Board presiding member Ken Thomson discussed the issues that have kept Garcia locked up.

See GARCIA on Page 10



Convicted sex offender remains in jail after serving time

P----- P---

From Page 9
"The problem with dealing with foreign governments such as Cuba is they do things at their own time, and we cannot. The Canadian government cannot control when they will give an answer, he told Garcia during the hearing, conducted via

telephone.
"Now, although you've been detained for a lengthy period of time it does not mean indefinite detention. The case law does not specify a period of time as to what

inport news constitutes indefinite detention."
Although Thomson said the length of time a person has been detained was taken into consideration, "lengthy detention, even for a period greater than two years, in itself will not support a finding of release if there are other reasons to

support continued detention.
"In your case, the criminal activities involve violence and sexual convictions referred to in the Immigration and Refugee Protection Act, and it's been determined that conditions of release will not

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sufficiently negate the danger, and can be supported for a decision for continued detention even though

continued detention even though detention has been lengthy," Thomson told Garcia. At Garcia's March 12 hearing, he will be represented by Lily Tekle, a

staff lawyer from the refugee law office at Legal Aid Ontario. Tekle won't comment on his case due to the pending hearing.

Tekle won't comment on his case due to the pending hearing. "Unfortunately at this time, I don't think I feel comfortable communicating with you only because proceedings are still pending and

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we are making efforts to potentially work on a release plan for Mr. Garcia," Tekle said in a wice-mail message

Fort Erie resident Candice Cashman is one of several people who have agreed to act as a supply for Garcia if he is released

one of several people who have agreed to act as a surety for Garcia if he is released. "I have a lot of people who want to be responsible for me," Garcia said.

Cashman has no concerns about vouching for the man to whom she was once engaged.

"He never once was violent. He never once was aggressive," she said. "I wouldn't even question whether he would be a danger to me or my children." While Cashman is confident Garcia

poses no danger, Colson said she remains fearful of him. And since Garcia has already served

his parole while in custody, Colson is concerned that if he's released in Canada there would be no way to ensure her safety.
"That's kind of the issue. We're trying to

"That's kind of the issue. We're trying to figure out how to best be protected if this happens, but there's nothing there," she

Although she could get a restraining order against him, she said that will likely take months before it's approved. If Garcia is released in Canada, she said, he won't even have a parole officer checking in on him. Welland MP Malcolm Allen has taken an interest in the case over the past few years, advocating on behalf of Colson, his constituent.

"If you have a right to be in the country, then you have a right to be released. But in Mr. Garcia's case, he was deported to the United States. He has no right to be in the country at all." Allen said.

"The difficulty is finding a way to deport him back to Cuba." Allen said he's discussed Garcia's case

with Cuban authorities, and "the difficulty is that Cuba doesn't seem to want him." Nevertheless, Allen and Colson agree that the situation needs to be resolved.

It costs Canadian taxpayers about \$111,000 a year to keep a male prisoner in custody, according to information published a year ago by the Office of the Correctional Investigator.

"They cannot hold a person indefinitely," Colson said. "But he's here in

prison and something needs to get done. He can't be left in limbo."

Ideally, Colson is hoping Garcia will finally be permitted to return to Cuba. "I think it would be best for everyone, and in everyone's best interest — for myself, my family and several of my friends ... and

it would be very beneficial for Mr. Garcia to go back home and be around his own family as well," Colson said. "I hope for everyone that it will happen."

But Garcia fears what might await him if he returns to Cuba.

Garcia said he could be thrown in prison in that country for having spoken out against the Cuban government.

Garcia said his father, Jacinto Garcia Sr., criticized the Cuban government years ago. His father was taken to a military hospital and never came home, Garcia said. Blaming the government for his father's death, he said he began speaking out content the commencer to so.

out against the government, too.

"My family told me the government
was going to put me in jail for 30 years," he

Garcia made it clear at his last review hearing in February that he does not want to return to Cuba.

"If you have problems, political problems in Cuba, I don't agree with the communists and I don't want to be repatried. If I'm here it's because you want to

deport me, then you can deport me. But that doesn't mean that I want to be repatriated," he told immigration officials. Cashman also fears for Garcia's safety if he returns to Cuba.

"For him to go back, yes, they would essentially throw him in jail if not kill him," she said. "It's not safe for him to return there."

In the meantime, Allen has been working with Colson to develop a private member's bill in the hope of getting most access to information about the status of people involved in immigration cases.

Under current legislation, Colson said much of the information concerning Garcia is confidential. "Even if he gets released, no one is

notified of where he is. Even if he gets deported, I don't get to know," she said. allan.benner@sunmedia.ca

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INPORTANEWS



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REGIONAL GOVERMENT

Region ponies up for lakefront enhancements

ROB HOULE

OMI Agency Niagara Niagara Region councillors have given the go-ahead to a lakefront

enhancement strategy The plan will see the Region provide 50-50 cost-share grants up to \$1 million over a three-year period to the Niagara Peninsula Conservation Authority and seven municipalities that have Great Lakes shorelines.

The grants can he used to purchase lakefront property or to enhance municipal lakeshore properties.

Phase 1 of the program limits the grants to the municipalities that touch the Great Lakes - Grimshy. Lincoln, St. Catharines, Niagara-onthe-Lake, Fort Erie, Port Colhorne and Wainfleet. Phase 2 will focus on all lands adjacent to all hodies of water

Councillors were near unanimous in voting to implement the program. with the lone dissenter being St. Catharines Coun. Brian Heit. He said he felt the program should he open to all municipalities from the get-go, and that the conservation authority should not he included as a potential recipient for grant money since it already receives \$500,000 annually from the Region for its land acquisition fund "In my mind, it would make more

sense to have a complete strategy that includes the entire region - not seven municipalities and then the other five later," Heit said.

"We are already funding the Niagara Peninsula Conservation Authority to the tune of millions of dollars out of regional tax dollars, and now in effect we're giving them another opportunity for them to come to us. leverage our money we've already

\$1 million which concerns me

Heit said he would rather see the money devoted to the lakefront enhancement strategy redirected to lowering taxes "during tough economic times," rather than sit in a

reserve fund to huy land. "A lot of work has gone into this particular initiative," said Lincoln Mayor Bill Hodgson. "It's also an initiative we started funding ... the last two years, I helieve.

"We've heen putting \$1 million aside so that the Region is in a position to partner with area municipalities when there is an opportunity to enhance the access and the experience of the public to waterfront

Businesses with properties along the shorelines will also he able to access grants for the likes of creating a hoat launch or adding park henches.

Hodgson and Port Colhorne Mayor Vance Badawey likened that aspect of the strategy to a community improvement plan in which husinesses receive grants for facade upgrades. The idea is that more appealing-looking huildings will attract more consumers to the area.

St. Catharines Coun. Andy Petrowski also spoke in favour of the

"We have to take the approach if it's good for Fort Erie, it's good for Niagara," he said, "If it's good for Grimshy, if there's some lakefront enhancement, it's good for Niagara. GO train isn't going to go outside of Grimshy, St. Catharines, hopefully

Niagara Falls - we're all hehind that. "We should also he hehind the lakefront enhancement strategy, hecause it will he good for Niagara.

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QMI Agency Niagara What's good for your French Fries is

good for cleaning your kitchen counter. White vinegar not only tastes good. it's also a natural disinfectant and water stains from glass shower doors all-purpose cleaner, It will sanitize your and even control ugty pit stains on

in your dishwasher, remove nasty hard



It's a staple in the home of Sherry Torkos. holistic pharmacist, author and mother of 3 1/2 -vear-old Phoenix from Fort Erie. She lives reen, has written books like The Canadian Encyclopedia of Natural Medicine, and more recently she helped to develop a natural

health guide with the Canadian Health Food Association. The guide is meant to help families sift through the massive amounts of information on natural products and prioritize where they can make the biggest impact. It includes sections on green cleaning and

hygiene, and natural first aid. "As a pharmacist I worry about toxic exposure from chemicals," she says. Meanwhile, in Jordan, Ellen Mitchinson has

been making her own hand creams, cleaning supplies and natural remedies for years. She is a master garden and has offered classes in natural cosmetics at Ball's Falls Conservation

Across Canada, people are looking for ways to tread lighter on the planet, reduce exposure to toxins and become empowered consumers. says Lindsay Coulter, Queen of Green with the David Suzuki Foundation. More and more Canadians are hosting green

cleaning parties, and blogging about their experiences greening their own households. Coulter recently started a program where she trains people across the country on how to be green coaches. They in turn, find five families and help them convert to a green household. She encourages people to think in baby

steps. Keep in mind that no one can do it alone. And that by guiding others towards change, people create communities for a more sustainable future. "It might start with laundry soap, but it's

most important to take a step," she says. "If people take one step, they'll be more likely to take another.

CLEANING YOUR HOUSE Torkos is suspicious of cleaning products

ortCares

that instruct people to wear gloves and

use in ventilated places. "You inhale these chemicals," she says. "And we don't know the

long term consequences." More to the point, they're superfluous Before we had Mr. Clean, what did we use?," says Torkos. "We used natural things to clean our furniture and our houses."

Think vinegar, lemons and baking soda. Do-it-vourself cleaners can be made at home. They are free of toxins, and are safer for people as well as the environment, she

Here are some suggestions:

White vinegar: Acetic acid is a natural disinfectant, removes hard water stains, and is biodegradable. Mix 1 cup of water with 1 cup white vinegar and add to a spray bottle. For tough jobs, use 2 cups vinegar to 1 cup water.

To get rid of dishwasher streaks, add vinegar to the rinse dispenser. To deodorize a toilet, pour 1/2 cup into the bowl, let sit 15 minutes, then flush. To remove hard-water stains from glass shower doors, heat 1 cup vinegar in a pot and spray warm onto the glass; let sit then wine.

If you have a nasty pit stain on a shirt. soak it overnight in a little vinegar, then When Mitchinson has mould in her

basement, she combats it with three dehumidifiers and sprays it with double strength vinegar (10% instead of 5%) to get rid of growth on the unfinished surfaces. It's also good for killing those hard-to-pull weeds in sidewalk cracks Baking soda: A good abrasive cleaner

Sprinkle a couple teaspoons on a wet sponge. It also does a good job cleaning stainless steel pots, says Mitchinson. If you have aluminium pots, use cream of tartar instead

Lemon juice: Not only does it have a fresh scent, it fights bacteria. Use it to clean countertops.

See GREEN on Page 18

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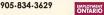
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Natural cleaners help environment

From Page 14 HEALTHY HYGIENE: Upwards of 90% of cosmetics contain one or more chemicals with links to cancer, and infertility, says Torkos, She encourages people to know

Start reading labels, Chemicals to avoid include: BHA and BHT:

phthalates; parabens; siloxanes and sodium aureth sulfate

Here are some natural alternatives: Apple cider vinegar: Hair dull from a the residues of regular shampoos. Mix one part water, three parts apple cider vinegar. Pour over your hair, leave in for a bit, then

Coconut oil: Good for everything from itchy skin to cradle cap to dry heels, says Torkos. Use as a natural skin moisturizer. Here's a recipe from the Canadian Health

Food Association for a natural body wash and









Pharmacists

OMEGA 3 FATTY ACIDS __ "NATURALLY" EFFECTIVE FOR MANY COMMON MEDICAL CONDITIONS

Very few products available in your local pharmacy can claim as many uses as Dimega-3 fatty acids. Dinega-3s are a type of unsaturated fat that are found in high quantities in certain fish (such as salmon, herring, sardinés) as well as plant sources (such as flax)

The two most common Omega-3s found in supplements are EPA and DHA. Some supplements where their Omega-3s derived from fish oils while others will be derived from plant sources. Be sure to choose a product that lists the amount of EPA or DHA per capsule.

There has been some concern by patients over the levels of heavy metals (such as mercury) in Omega-3 fish oils. However, heavy metals tend to accumulate in the protein of the fish rather than the fals. In addition, Health Canada tests all Omega-3 products for their heavy metal content before being made available to the public.

Here are 5 common medical conditions that Dmega-3s can help treat

Arthritis – Omega-3s have been shown to help decrease inflammation in the body, therefore they any help relieve some of the pain associated with both osteonalthritis and rehumatoid arthritis. Between 3 – 5 grams of EPA and DHA for 12 weeks are needed for the anti-inflammatory effects.

2. Hyperligidemia – Omega 3-s can help lower trighyceride (fat) levels circulating in the body. High trighyceride levels contribute to the formation of fat deposits in blood vessels. This can lead to hardening of the arteries, which allows for the formation of depareuros clots which can cause a heart attack or stroke. Studies have shown that 2 - 4 grams of fish oils can lower triglycerides by 20-50%.

3. Hypertension – Dmega-3s have a modest effect on reducing blood pressure and may be a viable option for patients with mild hypertension who do not wish to start a prescription medication at this time. Dmega-3s reduce the production of agents that constrict blood exesses and increase production of agents that open blood vessels. For cardiac health. 1 oram of EPA plus DHA daily is

4. Depression – Studies have shown that 1 gram of EPA twice daily may yield anti-depressant and mood stabilizing effects. Omage-3s may be suited for the treatment of specific populations, such as pregnant or lactating women where conventional antidepressants must be used with caufion.

5. Loss of Vision – Recent studies have shown the beneficial effects of omega-3s on vision, specifically decreasing risk of age related macular degeneration. Further investigations are needed to confirm the results of these studies, however many ophthalmologists are now recommending that their patients take Omega-3 supplements.

If supplements are not for you, try to replace the meat in two of your meals per week with fish. Certain populations (such as Mediterranean and lineit) that eat high amounts of fish and little amounts of red meats have much lower rates of cardiovascular disease compared to the North American

Driega-3s are not for everyone. For patients on blood thinners such as Cournadin (warfarin) or Aspirin (ASA), be sure to check with your physician or pharmacist before starting on Omega-3s as they may increase the risk of bleeding

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Stay off ice near falls, police warn

n and around the Horseshoe Falls and the Niagara River may be breathtaking, officials are reminding people to stay a safe distance away from the

cataracts. "While the ice on the Niagara River may appear stable, the fast flow of

temperatures and movement of the ice present potential danger at all times," said Niagara Parks Police chief Carl Scott. "The area is beautiful to view but

dangerous to test. Two men from Pennsylvania were cited by Niagara Falls State Park Police in Niagara Falls, N.Y., last week after they were spotted walking around an ice-covered cliff near the

Horseshoe Falls.

U.S. police say the men, ages 48 and 46, were on an icy overhang at Terrapin Point, which overlooks the falls. The observation area had

been closed to the public **Recognizing greatness** due to dangerous conditions created by the ice. The men face a fine of \$250 or 15 days in jail.

On Friday, Niagara Parks Police and U.S. border patrol agents searched the river below the Rainbow Bridge after receiving information from the U.S. that a person was on the ice below the bridge.

Those reports were subsequently determined to be

The Port Col Wainfleet Chamber of Commerce is ready to host its annual president's award reception, April 2 at the Italian Canadian Cultural Centre. Each year the Port

chamber office at 905-834-9765 or by email office@ pcwchamber.com. Colborne - Wainfleet Chamber

of Commerce honours businesses and individuals for observing leadership, achievement, citizenship and community improvement. The categories are junior citizen of the year, youth citizen of the year, citizen of the year, new business of the year, women in business and business of the To reserve tickets call the

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INPORT DATEBOOK

MARCH 13

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MARCH 14

ST. PATRICK'S DAY DANCE

to support the Kacey Lynn Fund is at the CAW Hall on Steel St. in Welland, Tickets are \$10, Door nrizes auction table and enot dances with music by Rural Roots starting at 9 p.m. Doors open at 8 p.m. Tickets are available at the door or by calling Mary Dolan at 905-735-9526.

MARCH 15

DUCKS UNLIMITED

Port Colborne hosts a dinner and auction at Brebeuf Hall, Early bird draw Feb. 21. For tickets call Sharon at 905-834-9556.

PASTA DINNER hosted by Fonthill Lions at its Hwy

20 hall, 4 p.m. to 7 p.m., Adults \$10, children under 12 \$6, Cash bar. Takeout available

at the Hungarian Hall 361 Hellems Ave., Welland, 12:30 p.m. At 2 p.m.

will be a commemorative program to remember the March 15, 1848. revolution. Menu: vegetable soup, cabbage rolls, breaded chicken, potato, salad, coffee, tea and dessert. Tickets: Adult \$20. children \$ 10. For tickets call: Anna at 905-735-0959. Eva at 905-734-3593 or Tibor at 905-735-6447.

MARCH 17

FREE EMPLOYMENT HELP Learn how to create a job-winning resume and cover letter. Presented

at Pelham Public Library, 2 p.m. to 4 p.m., by Niagara College Employment and Training Solutions. Register ahead by calling 905-892-6443. INTERVIEW TECHNIQUES

workshop offered for free by Employment Solutions, 10:45 a.m. to 12:15 p.m., 3 East Main St., Welland. Contact mzorgel@ wellandheritagecoundl.com or Mariann Zorgel at 905-732-5337.

PELHAM HORTICULTURAL

Society meeting at the Fonthill library branch, 7:30 p.m.Darren Heimbecker will speak about the history of the building of Canada's newest botanical garden Whistling Gardens, Wilsonville, home to the World's largest conifer collection.

MARCH 18 STRESS MANAGEMENT

workshop offered by Employment

Solutions, 3 East Main St., Welland. 1 p.m. to 2:30 p.m. Free, Seating

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When submitting listings by e-mail, please use only wtrb.datebook@sunmedia.ca. Please do not send attachments. Full listings online under Life

is limited. Contact mzorgel@ wellandheritagecouncil.com or call Mariann Zorgel at 905-732-5337.

MARCH 19 WELLAND HORTICULTURAL

Society meets 7 p.m. at Wesley United Church, 244 First Ave. Chris DiRaddo will talk about edible gardens, All welcome.

MARCH 20

at Wainfleet Township Public Library, 6 p.m. to 7:30 p.m. Children of all ages are invited to drop-in to build a Lego or Duplo

creation. Do not bring your own MARCH 22

for the Pathfinders runs 10 a.m. to 2 p.m. at the Goodwill building, Plymouth Rd., Welland, It's a fundraiser for the Welland Pathfinder's trip to Europe, Many vendors to choose from. Bring your quarters. FUCHRE

hosted by Fonthill Lioness at 7 p.m. at the Fonthill Lions hall, Prizes. light food, cash bar, Cost \$5. MARCH 23

EASTER MISSION LUNCHEON at St. John the Baptist Hungarian Greek Church, 111 Secord St Welland. Divine liturgy 10:30 a.m., luncheon 12:30 p.m. For tickets

call 905-732-2942 or 905-735-MARCH 24

running until March 29 at Pelham

Public Library Gently-used books for sale, games, puzzles, CDs, DVDs and more. On the 29th fill a grocery bag for \$2.

WAINFLEET HISTORICAL

Society meets at 7:30 p.m. in the PI Hall of Marshville Heritage Village in Wainfleet, Members Geoff Bowden and Sandra Andrews will speak on "The Language of the Fan." Everyone is welcome. For more information, call 905-386-6978

MARCH 26 FREE FITNESS FOR YOU

Instruction in core workout, upper strength and weight training, 6 p.m. to 6:45 p.m. at HolyTrinity Church 119 Division St. Welland Contact Mariann Zorgel to register at 905-732-5337.

MARCH 27 CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. This month's selection is My Antonia by Willa Cather. Call 905-899-1277 to register as a book club member.

MARCH 31 **EVENING BOOK CLUB**

at Wainfleet Township Public Library, 6:30 p.m. This month's selection is Vanishing Acts by Jodi Picoult. Call 905-899-1277 to register as a book club member. WILD WEST SHOWMAN

Tom Bishop Sr. of Ridgeville will talk about his career as producer of Wild West show and being

a trick rider, stunt man and animal wrangler. This year, Tom Bishop's 4B Ranch Productions is celebrating 100 years, as a third generation carries on with "North America's Only Surviving Wild West Show," Starts 7 p.m. Cost \$4 Register ahead.

NSNAP

Niagara Spay Neuter Assistance Program is holding a spring Easyer sale and fundraiser. April 2 to 6 in front of the Fairview Mall Zehrs. New and nearly new gift items, housewares, clothing, jewelry, baking and more. All funds go to spay/neuter in Niagara.

Donations, cat food and volunteers gratefully accepted. Contact 289-897-8514 or see www. niagaraspayneuterassistance.org

SOUP FEST

to benefit Port Cares, with support from Niagara Colle Lakeshore Catholic High School and Port Colborne High School, runs 11:30 a.m. to 1:30p.m. at the Italian Canadian Cultural Centre, 223 Bell St. Taste a variety of soups, breads and desserts. Enjoy the sounds of high school jazz bands and try your luck at a number of door prizes. Tickets are \$15 each available at Port Cares or Boggio's Pharmacy, as well as at the door Call Gloria at 905-834-3629 ext. 223 for more information

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desire. Lasik Provision has superior technology and Dr. Andrew Taylor has personally used every major laser platform that is used in North America today. He lectures internationally in the field of laser eye surgery and on laser platforms. He is involved in the regulatory suchies for the approval of new devices and procedures.

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